



(440) 354-1622
(440) 953-6272
(440) 354-1245 Fax

Pre-registration and physicians orders are required for all classes.

Matching Insulin to Carbohydrate and Tune Up classes also available. Please call the office to schedule.

Class dates and times are subject to change.

2013 Basic Diabetes Class Schedule

TRIPOINT

7590 Auburn Rd Suite 207 Concord

WEST

36000 Euclid Ave Willoughby

Basic Diabetes Classes Tripoint (9am –11am) (Thursdays)

January 3, 10, 17, 24
March 14, 21, 28, April 4
May 30, June 6, 13, 20
August 15, 22, 29, September 5
October 24, 31, November 7, 14

Basic Diabetes Classes Lake West (1pm-3pm) (Wednesdays)

January 16, 23, 30, February 6
March 20, 27, April 3, 10
June 5, 12, 19, 26
August 21, 28, September 4, 11
October 30, November 6, 13, 20

Basic Diabetes Classes Tripoint (1pm –3pm) (Mondays)

February 4, 11, 18, 25
April 8, 15, 22, 29
June 24, July 1, 8, 15
September 9, 16, 23, 30
November 4, 11, 18, 25

Basic Diabetes Classes Lake West (6pm-8pm) (Wednesdays)

February 20, 27, March 6, 13
May 1, 8, 15, 22
July 17, 24, 31, August 7
September 25, October 2, 9, 16

Basic Diabetes Classes Tripoint (6pm – 8pm) (Mondays)

January 7, 14, 21, 28
March 4, 11, 18, 25
May 6, 13, 20, June 3
August 5, 12, 19, 26
October 7, 14, 21, 28
November 25, December 2, 9, 16

Basics of Diabetes Self-management

This four-part class is designed for people with diabetes who want a healthy level of control. A team of Certified Diabetes Educators teach how food, activity and medication affect blood sugar levels. You are in the driver seat to make changes in your lifestyle that will get you to your goals.

Matching Insulin to Carbohydrates

This is a series of small group sessions for persons on multiple dose insulin or insulin pump therapy. It will help you learn correction factors and carbohydrate matching to better determine your insulin doses.

Diabetes Tune-up Class

This class is designed to motivate you for better diabetes control. Topics include updating blood glucose monitoring, making behavior changes, dealing with guilt/emotional ruts, making healthier food choices and more. This class meets for two 1-hour sessions. *Prerequisites: Diabetes Self-Management in past three years.*